



## What is spinal canal stenosis?

The nerves in the spine run down a central canal and exit through openings between the vertebrae called foramen. When these openings become narrow, due to ageing, osteoarthritis, injury, trauma, disc herniation or general wear and tear, patients can experience symptoms such as numbness, weakness and pain.

This narrowing is most common in the cervical spine, affecting the upper limbs, and in the lumbar spine, affecting the lower limbs.

Usually, spinal canal stenosis can be treated with minimally invasive surgery to decompress the spinal canal, creating more space for the nerves to pass through. This type of surgery is particularly effective in reducing symptoms associated with the compressed nerve, such as pain in the arms and fingers as well sciatica symptoms in the legs and feet.

Spinal canal stenosis can also be due to instability or abnormal movement of the spine. Symptoms usually improve with sitting or lying down and pain is usually worse when standing, walking or reaching overhead, surgery can be a reliable treatment option for these symptoms.

If you are experiencing any of these symptoms, talk to your GP.



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